



Know Your Limits!



BLOOD ALCOHOL PERCENTAGE CHART

DRINKS	BODY WEIGHT IN POUNDS							
	100	120	140	160	180	200	220	240
1	.04	.03	.03	.02	.02	.02	.02	.02
2	.08	.06	.05	.05	.04	.04	.03	.03
3	.11	.09	.08	.07	.06	.06	.05	.05
4	.15	.12	.11	.09	.08	.08	.07	.06
5	.19	.16	.13	.12	.11	.09	.09	.08
6	.23	.19	.16	.14	.13	.11	.10	.09
7	.26	.22	.19	.16	.15	.13	.12	.11
8	.30	.25	.21	.19	.17	.15	.14	.13
9	.34	.28	.24	.21	.19	.17	.15	.14
10	.38	.31	.27	.23	.21	.19	.17	.16

Subtract .015 - .025 for each hour that passes

One drink = 1.5 oz of 80 proof liquor or 12 oz. of Beer or 5 oz. of Wine.

****Note:** Only time and no further drinking will reduce the blood alcohol content **

HOW DO YOU STACK UP?

BAC	BEHAVIOR
.01 to .04	Begin to feel effects, flushed sensation, diminished inhibitions, and slight impairment to physical coordination and mental Alertness.
.05 to .09	Coordination problems are more pronounced, impulse control impaired, and condition most people would interpret as “under the influence”
.10 to .20	Gross impairment with slurred speech, impaired vision, exaggerated emotional responses, and staggering is experienced.
.20 to .30	Disoriented, unable to stand or walk, and begin to experience paralysis and loss of consciousness.
.30+	Threat to life. Alcohol poisoning.

Intoxication is NOT an acceptable recreation!